

Health Journal and Appointment Book



with our compliments



and lifestyle store

making HEALTH a little easier

The Home Medical Shop®
and lifestyle store



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Courtenay, BC V9N 2J7

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Fax: 250.338.8852

email: retail@thohomemedicalshop.com

www.theHomeMedicalShop.com

STORE HOURS

Monday - Friday: 9 AM – 5 PM

5 Tips FOR A Healthy Heart

1. Don't use tobacco.
2. Exercise for 30 minutes daily.
3. Drink alcohol in moderation.
4. Control stress.
5. Read, read and read some more! Stay on top of the latest medical research.

2015

January

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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February

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March

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April

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July

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August

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notes:



Love Your Heart

2016

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5 Tips FOR A Healthy Mind

- Engage yourself in the complex and new.**
Learning new information and skills across your entire lifespan helps to keep your brain strong even in the later years of life
- Focus on what you can control.** Change what you can and accept what you cannot.
- Have Positive Anticipation** something in your life that you're looking forward to (e.g. a holiday, an event, a concert, big or small)
- Take time out for yourself** Make time to do what you like to do, something that brings you joy.
- Have a good mate in your life,** someone you can really talk to and share your thoughts, dreams and fears (e.g. spouse or friend)

notes:

Feed Your Mind and Spirit



Important Numbers

Insurance Company Name:

Policy No:

Insurance Company Name:

Policy No:

Family Doctor Name:

Phone:

Dentist Name:

Phone:

Optometrist Name:

Phone:

Specialist Name:

Policy No:

Specialist Name:

Phone:

Name:

Phone:

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"Happiness is not something ready made. It comes from your own actions."
~Dalai Lama



and lifestyle store

Personal Medical History

Name:

Birth Date:

Medical History

Allergies:

Medications:

Known Illnesses:

Surgeries

Date

Additional Notes

In Case of Accident Please Notify:

5 Tips FOR A Healthy Community

- 1. Protect local character and prosperity.** The Comox Valley is unlike any other city in the world. By choosing to support locally owned businesses, you help maintain the Valley's diversity and distinctive flavor.
- 2. Community Well-being.** Locally owned businesses build strong neighborhoods by sustaining communities, linking neighbors, and by contributing more to local causes.
- 3. Keep Dollars in your town.** Your dollars spent with locally-owned businesses have three times the impact on your community as dollars spent at national chains.
- 4. Get better service:** Local businesses often hire people with a better understanding of the products they are selling and take more time to get to know customers.
- 5. Sharing is Caring.** Had a lot of fun shopping local? Share your experience with your friends. Local businesses will also appreciate you spreading the word.



NEW in our store! *"health relief for your feet"*



Porto-fino orthotic friendly shoes featuring:

- removable footbed
- arch support
- sizes 35-43



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